

**FOOTBALL
GUIDELINES AND GROUND RULES
April 11 – 17, 2010
TARLAC PROVINCE REGION III**

1. NON –APPEARANCE OF THE TEAM

- 1.1 Team should be at the venue at least thirty (30) minutes before the scheduled time and should be already warmed up five (5) minutes before the time while equipment to be used are being inspected.
- 1.2 A grace period of fifteen (15) minutes shall be given to the non-appearing team after the scheduled playing time. Non-appearance of team after the grace period will automatically forfeit its game with a score of 1-0 (3 points) and the Tournament Committee will meet immediately to decide on further sanctions.

2. PROTEST

- 2.1 All protests should be in written form duly signed by the coach and noted by the Regional PESS Chiefs and must be handed over to the Tournament Manager within two (2) hours after the match.
- 2.2 No protest will be entertained regarding eligibility of players.
- 2.3 No protest will be entertained regarding judgment calls of the referee. Only technicalities of the game may be protested.

THOSE NOT COVERED BY THE TOURNAMENT LAW, FIFA Laws will apply.

NOTE: In any case of a free for all where the referee cannot identify the players who started the fight, this rule shall take effect:

- 2.4 Any match concerned: both teams will lose the game and will be banned from participating for the rest of the tournament.

3. TOURNAMENT FORMAT

3.1 Groupings (Round Robin)

3.2 Three (3) Groups of Four (4) and One (1) of Five

Team	GP	Winner	Draw	Loser	GA	GD	GF	Total

4. BREAKING OF TIES

4.1 Shoot-out from the Penalty Mark and Sudden Death Procedure shall apply to break the tie during semi-finals and finals.

5. DURATION OF THE MATCH

5.1 Playing time for Elementary Level shall be two (2) periods of Thirty (30) minutes each, with an interval of 10 minutes, while in the Secondary Level, two (2) periods of Forty (40) minutes each with an interval of five (5) minutes.

6. NUMBER OF PLAYERS

6.1 Maximum of fifteen (15) players for each team, with 1 coach/official.

6.2 A match is played by two teams, each consisting of not more than eleven (11) players including the goal keeper. A match shall not start if either team has less than seven (7) players. (15 minutes grace period applies)

7. EQUIPMENT

7.1 Players are required to wear their complete uniform:

- Regional Color (sponsors uniform are not allowed)
- Official jersey of Region represented. (first outfit)
- Long socks
- Shin Guards
- Football Shoes (Barefoot athletes will not be allowed to play)

- 7.2 The Captain of the Team is required to wear an arm band around his left arm to enable the referee to distinguish him from the rest of the team.

8. COLORS

- 8.1 Each team shall wear its official first outfit as declared in the final registration form during the coaches/team managers during the solidarity meeting.
- 8.2 If a team should have a spare/second outfit (colors contrasting with those of their first outfit), this should likewise be declared. Teams are obliged to use the official/first outfit for all its matches.
- 8.3 All teams are obliged to bring along their official/first outfit and spare/second outfit to every match. If in the opinion of the Tournament Manager and the referees, the color of the two opposing teams clash, the outfits must be changed, wherein the spare/second outfit may be used for the succeeding matches of the whole tournament or in combination.
- 8.4 In the event that both teams do not have spare/second outfits, one of the teams shall be obliged to wear a vest. A toss coin supervised by the referee, shall determine who will wear the vest.
- 8.5 The Goalkeeper must wear a jersey that has a color different from the rest of the team colors. (if the goalkeeper is used as a field player, he should also wear the same uniform as that of the field players and the number should be the same as that of his being a goalkeeper jersey).
- 8.6 The player's assigned numbers must be of contrasting colors from the jersey and should be either sew or printed.
- 8.7 Player shall play using his/her jersey bearing the originally registered number.
- 8.8 Under no circumstances will players be allowed to play with numbers not properly sew or printed on the jersey. A player may not use a number different from his/her originally registered one. Any team found guilty of infringing these rules shall be subject to disciplinary action.

Note: Teams are advised to bring their spare/second outfit for all matches

9. MATCH REGULATIONS

- 9.1 Team Line-up must be the same as the officially approved roster by the Palaro Screening Committee.
- 9.2 Prior to the start of the match, the fourth official shall distribute the team line-up forms to the respective teams.
- 9.3 The forms must be properly accomplished and bear the signature of the head coach before it is returned to the fourth official.
- 9.4 No more than four (4) players may be substituted during a match from the reserve players who must be registered before the start of each match.
- 9.5 The substitution forms must be accomplished and signed by the head coach before any substitution of a player could be made.
- 9.6 The incoming player must then submit this form to the fourth official of the match before he/she is allowed to enter in the field of play.
- 9.7 Any player so substituted cannot re-enter in the same match.

10. PLAYERS CAUTIONED OR DISMISSED FROM FIELD OF PLAY

- 10.1 A player who receives two (2) cautions (yellow card) shall automatically be suspended from the match following the match in which he received the second caution card.
- 10.2 A player expelled (Red Card) from the field of play by the referee shall be suspended for the next match.
- 10.3 Disciplinary measures such as caution, expulsion of players and officials shall be carried to the championship game

11. SUBSTITUTES' BENCH/ TECHNICAL AREA

- 11.1 Only the following duly accredited persons are authorized to sit on the substitutes' bench;
 - Maximum of four (4) substituted players
 - A suspended player is allowed to sit on the bench.
 - Only the coach is allowed to sit on the bench.

12. WARMING UP BEFORE AND DURING THE MATCH

12.1 Depending on the weather and the condition of the turf (to be decided on by the Tournament Manager), the teams will be allowed to warm-up on the half of the pitch closest to their respective team bench.

12.2 During actual play:

- A maximum of four (4) players from each team may warm-up at the same time, but without the ball;
- Only the goal keeper is allowed to warm-up with ball;
- Not more than two (2) technicians are allowed to accompany the four (4) players during the warm-up.

13. MEDICAL TREATMENT OF PLAYERS ON THE FIELD OF PLAY

13.1 If a player needs medical treatment on the field of play during the match, the following procedures must be observed:

- Upon a signal from the referee, the team doctor and his assistant may attend to the injured player;
- Only the goalkeeper can be treated inside the field of play.

14. LIQUID INTAKE DURING THE COURSE OF PLAY

14.1 Because the balance of water in the body is essential for health, FIFA actively encourages players to drink liquid during the match. The following rules must be observed so as to avoid disorderliness in the field and possible injury to the athlete:

- Bottled glass and any drinking material that can cause danger to both teams are prohibited;
- Liquid may be taken during the play and stoppage of play;
- Drinks must be contained in plastic bottles and handed to the player/s at the touch lines, one meter away (no coleman).

15. WALK-OVER/ABANDONMENT

15.1 Walk-over

- If walk-over is given, the team conceding the walk-over shall forfeit the match and the game shall be awarded to the opposing team.

15.2 Abandonment of Matches

- If a match has to be suspended as a result of any incident (walk out by team, lack of order from spectator/s who invade the field of play), the Tournament Director must decide, within 24 hours of such incident to determine the action to be taken.
- Should it be necessary to award a match to one team, one (1) point shall be awarded with a score of 1-0 or higher depending on the score at the time of stoppage showed a greater number of goals for the team to be declared winner.

ADDENDUM: DepEd Catalog of Punishments!

- 10.4 After serving a suspension imposed on a player, a player is allowed to play in the succeeding match. However, if the player receives a yellow card in a match, He will be suspended for the next match due to the previous red card sanction. Moreover, if the player receives a red card in the match the player will not be allowed to participate the whole duration of the competition.